

## Adult Fitness

### Train for a 5K

Are you interested in running a 5K road race (3.1 miles)? Are you a walker who would like to try running? Are you a runner interested in improving your times? Do you want to get your fitness back? Come join Cassie Dunn in a group setting, for a series of training runs at the Brookfield High School track. We will train together on Saturdays at the high school track and then each participant will be given an individualized workout schedule to follow during the week. Each week you will be given new workouts as you progress. (Come dressed (in layers) to run and bring a water bottle. This program will prepare you for the Mother's Day 5K on Sunday, May 8, 2016. (Race registration is included in the fee.) In the fall, we have the same program to prepare for the Halloween 5K on Sunday, October 30, 2016. All fitness levels are welcome! Come try a great sport, get fit and make some new friends! Cassie Dunn, former BHS cross-country and track coach, is a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.

#### Mother's Day 5K Workshop

Day: Saturday, April 2 – Sunday, May 8

Time 8:00 – 9:00 a.m.

Place Brookfield High School Track

Fee: \$70.00

#### Halloween 5K Workshop

Day: Saturday, September 24 - October 29

Time: 8:00 – 9:00 a.m.

Place: Brookfield High School Track

Fee: \$70.00

### Zumba

Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is great for the mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.

Day: Monday

Time: 7:30 – 8:30 p.m.

Place: Center School Gym

Dates: 4/25 – 6/13 (7 wks) – no class 5/30

Instructor: Ariana Mesaros

Fee: \$66.00

### New ~ Zumba Gold

Zumba Gold is a total workout using Latin and world rhythms focusing on low impact cardio, emphasizing balance, range of motion, and coordination. Zumba Gold is perfect for active older adults and anyone who wants a low impact fun way to get fit. It's exercise in disguise!

Day: Monday

Time: 5:00 – 5:45 p.m.

Place: Center School Gym

Dates: 4/25 – 6/13 (7 wks) – no class 5/30

Instructor: Mary Lou Peters

Fee: \$66.00

### Yogalates

A hybrid of yoga and Pilates, Yogalates will give you the best of both techniques. By becoming mindful of movement and breath, and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance. This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday

Time: 6:00 – 7:00 p.m.

Place: Center School Gym

Dates: 4/26 – 6/14 (7 wks)- no class 5/31

Instructor: Phyllis Babuini

Fee: \$66.00

### Why Weight?

Don't be daunted by preconceived perfectly fit images. Why Weight is designed for any body and every body to feel successful in their current fitness level. With slow, steady training focusing on form, movement will transform your shape and attitude. Concentrated resistance using light weights will build muscle, and we'll work on posture and balance, too. Come make some new friends while finding out how capable you really are. Bring two sets of weights one lighter, one heavier (1,3 or 5 pound are recommended) and a towel or mat for floor work. Be sure to wear sneakers and bring a water bottle, too.

Day: Thursday

Time: 6:30 – 7:30 p.m.

Place: Center School Gym

Dates: 4/28 – 6/16 (7 wks) – no class 5/2

Instructor: Phyllis Babuini

Fee: \$66.00

## Tai Chi and Qi Gong for Beginners

Tai Chi is practiced for health and self-defense. Qi Gong, (energy cultivation) incorporates breathing, meditation and body alignment with stretching and is practiced for its power to prevent and cure many diseases and ailments. The slow, gradual movements help reduce stress, promote longevity and increase balance and core strength. The Wu style Tai Chi will be introduced, which has 30 groups of movements and takes eight minutes to perform once learned. Please wear flat soled shoes and loose, comfortable clothing.

Day: Wednesday                      Time: 7:00 – 8:30 p.m.                      Place: Center School Gym  
Dates: 4/27 – 6/15 (8 wks)                      Instructor: Vincent Candela                      Fee: \$79.00

## Celestial Belly Dancing

Unlock the mystery and secrets of this ancient feminine dance, while toning your body and having fun. Belly dance will guide you in exploring your powerful and beautiful self and will enable you to embrace the amazing woman living within yourself! The movements are simple and gentle on your body, while they tone and build strength and health (by aligning your pelvis and back correctly and building your core strength). Beautiful movements, divinely inspired music, colorful coin belts and silk scarves (both provided) combine to create a class that will leave you feeling as if you have gone on a vacation to an exotic world.

Day: Wednesday                      Time: 7:30 – 8:45 p.m.                      Instructor: Kristie Liotta  
Dates: 4/27 – 6/1 (6 wks)                      Fee: \$130.00  
Place: SOUND, 31 Hawleyville Road, Newtown

## New ~ Adult Strength & Conditioning... ...“Train Like An Athlete”

Adult Strength & Conditioning is a program for men and women that provides athletic-based training with accountability, direction and encouragement. Our hour-long training sessions include total body training, strength and resistance exercises, core work, and balance training to get you into shape. No-Limit Strength & Conditioning also consists of nutritional advice, so you get the most out of your training. This class is appropriate for any training level. ADDED VALUE: Class also includes full gym membership to No-Limit for the duration of the program.

Day/Time: Wed. 5:00 – 6:00 p.m. and Sat. 10:30-11:30 a.m.

Session 1: 5/4 - 6/29 (15 classes) - no class 5/14, 6/11

Session 2: 7/6 - 8/13 (12 classes)

Fee: \$180.00 for session 1, \$145.00 for session 2

Place: No-Limit Health & Fitness, 1120 Federal Road

## Interval Training With Marni

Combining strength training and short bursts of cardio exercise, this class will burn calories while toning your body. Cardio bursts include kickboxing, step, and elements of a boot camp class. The strength training portion includes the use of weights, bands, bodyweight resistance exercises, and more. All levels are encouraged.

Watch your body change! Register for this program and receive a free gym pass for 2 weeks.

Day: Thursday                      Time: 9:15 – 10:15 a.m.                      Place: NO LIMIT Health & Fitness, 1120 Federal Rd  
Dates: 5/5 – 6/23 (8 wks)                      Instructor: Marni McNiff                      Fee: \$80.00

## Total Body Conditioning

This class offers a total body workout that will improve overall strength, flexibility, muscle tone, stamina, and core strength. We tone your body in this class using weights, resistance bands, Pilates, and more. Instructor Marni McNiff modifies the class for each individual fitness level. From beginners to the avid exerciser, you can expect a complete body workout. Register for this program and receive a free gym pass for two weeks.

Day: Tuesday                      Time: 9:15 – 10:15 a.m.                      Place: NO LIMIT Health and Fitness, 1120 Federal Rd  
Dates: 5/3 – 6/21 (8 wks)                      Fee: \$80.00

## Abi's Bootcamp

Are you interested in a demanding workout? Do you want to really challenge yourself? Then this workout is for you! Come join Abi Scudder indoors and outside (weather permitting) for an hour to challenge your entire body. Pull-ups, push-ups, squats, lunges, sprints, drills and core work are just an example of what you will experience. Abi will help push your fitness to the next level. Sign up for this class and receive a free gym pass for two weeks.

Day: Friday                      Time: 9:15 – 10:00 a.m.                      Place: NO LIMIT Health and Fitness, 1120 Federal Rd  
Dates: 5/6 – 6/24 (8 wks)                      Instructor: Abi Scudder                      Fee: \$80.00

## Yoga Basics

The perfect class series for absolute beginners! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques in this well-rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary!

### **Session 1: Mondays, 7:30 p.m. - 8:45 p.m.**

Dates: 4/25 – 6/27 (6 classes) – choose any 6 to attend

Instructor: Christina Rojas

### **Session 2: Wednesdays, 7:30 p.m. - 8:45 p.m.**

Dates: 4/27 - 6/29 (6 classes) – choose any 6 to attend

Instructor: Stacey Orris

### **Session 3: Thursdays, 12:00 – 1:15 p.m.**

Dates: 4/28 – 6/30 (6 classes) – choose any 6 to attend

Instructor: Mimi Mathew

### **Session 4: Saturdays, 10:15 – 11:45 a.m.**

Dates: 4/30 – 7/2 (6 classes) – choose any 6 to attend

Instructor: Heather Morgado

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Fee: \$90.00 per session

## New ~ Plus Yoga

Big? Tall? Inflexible? Uncoordinated? Think yoga is not for you? Think again! In this class, yoga postures will be introduced with modifications offered to enable different body types to access a variety of yoga poses. Yoga is not about touching your toes, it's about touching your soul!

Day: Sunday Time: 2:00 – 3:15 p.m. Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Dates: 5/1 – 6/26 (6 classes) – choose any 6 to attend

Instructor: Khaladie Darcy Fee: \$90.00

## Yoga Beyond the Basics

Ready to take your yoga practice to the next level? Or perhaps you would like to explore something new? YogaSpace offers 30 classes per week, with some classes beginning as early as 7:00 a.m.! Use this specially discounted pass to sample any of YogaSpace's regularly scheduled classes. Choose from a variety of styles, teachers, days and times. If you're new to yoga, join us for a Basics class; if you're ready to move beyond Basics, check out our Balanced or Flow; classes. Or perhaps go a little deeper within the yoga experience with a Gentle or Yin class. Class schedule and descriptions may be found at: <http://yogaspaces-ct.com/sp/schedule1.htm>

Dates: 4/25 – 6/27 (6 classes) - choose any 6 to attend

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Fee: \$90.00

## New ~ Yoga for Abundance

Learn techniques to shift your energy and open up to receive abundance in your life. This class incorporates Kundalini yoga, breathwork, chanting, and meditation techniques in a fun and supportive atmosphere. The yoga can be modified and done in a chair if needed. Basic homework will be given each week to help participants implement the teachings and transform their thought patterns. Bring an open mind, a notebook, a towel or blanket, and water.

Day: Tuesday Time: 7:30 – 9:00 p.m.

Instructor: Gina Cassetta

Dates: 5/3 – 5/24 (4 wks) Fee: \$104.00

Place: SOUND, 31 Hawleyville Road, Newtown

## Yoga by the Beach

Have you ever wanted to do yoga out in the open air? Come join an all levels vinyasa style yoga practice and build strength, flexibility and peace of mind. Please wear comfortable clothing and bring your own yoga mat. The program will meet on the beach; in case of inclement weather inside the Lakeside Community Room.

Day: Friday Time: 9:00 – 10:00 a.m. Place: Town Park Beach

Dates: 7/15 – 8/5 (4 wks) Instructor: Alison DiPinto Fee: \$24.00

## **New ~ The Art of Meditation**

This six-week class will guide you in meditation and its many facets, and may reveal hidden treasures of understanding and peacefulness along the way. Whether you are a beginner or seasoned meditator, the classes will help you to rediscover your inner stillness and silence while building a deep understanding of the practice and its many values and benefits. A regular meditation practice will help to restore balance in thought and actions; cultivate a deeper calm; boost your health and ability to heal; increase concentration and productivity; create greater joy; and experience more clarity, creativity and purpose. Both new and seasoned practitioners benefit from group practice, as the energy created from a room of like-purposed individuals elevates the practice of each person. Please come and experience all of these benefits for yourself! Chairs and cushions will be available.

Day: Sunday Time: 6:00 – 7:00 p.m.

Place: YogaSpace, 78 Stony Hill Road, Bethel

Dates: 5/15 – 6/26 (6 wks)- no class 5/29

Instructor: Rob Farella

Fee: By donation (\$10 per class suggested)

## **New ~ Beginner to Intermediate Adult Tennis Workshops**

These workshops are designed to focus on specific skills and strategies associated with those skills. Instruction will be based on an individual's goal or need. Sign up for the individual workshops which you would like to attend. Please wear a good pair of sneakers, and bring a racquet whose grip fits comfortably in your hand. Hats, sunglasses and a water bottle are also suggested.

**June 11** - Forehand and backhand groundstrokes

**June 18** - Volleys and half volleys

**July 23** - Serve and return

**July 30** - Overheads and lobs

**August 6** - Scoring, rules and etiquette

Day: Saturday Time: 8:30 – 9:30 a.m.

Dates: See above Fee: \$15.00/session

Place: BHS Tennis Courts

Instructor: Elaine Gregory, BHS Girls' Coach

## **Tennis partner, anyone?**

We have had requests from several residents who are looking for additional people to play. If you are interested in being contacted by other residents who enjoy tennis or would like to contact others, please email Donna Korb, Administrative Assistant at [dkorb@brookfieldct.gov](mailto:dkorb@brookfieldct.gov) by May 6. She may also be reached by phone at 775-7310.

Please include your name and preferred method of contact (including phone number or email address). It would also be helpful if you noted whether you prefer singles or doubles as well as your approximate playing level if known. We will be compiling a list to distribute to all who responded in mid-May.

## **Indoor Group Cycling**

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises all to high energy and motivating music – you will LOVE this, and burn a ton of calories doing it! Take as many classes as you'd like, May 2 through June 25 (eight weeks) for \$90.00. After you sign up with Parks & Rec., just pre-register for each class at NO LIMIT Health and Fitness by calling 775-8548. Participants receive a free two-week gym pass with registration. NO LIMIT Health and Fitness is located at 1120 Federal Road, Brookfield and is the site for all of our cycling classes.

Choose from any of the following class sessions:

Monday, 6:00 – 7:00 p.m.

Thursday, 6:00 – 7:00 p.m.

Saturday, 9:15 – 10:15 a.m.

## **Adult Golf Lessons**

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. April classes meet 6:00 – 7:00 p.m. May through August classes meet 6:30–7:30 p.m.

April: 4/4, 4/11, 4/18, 4/25 (Mondays)

May: 5/5, 5/12, 5/19, 5/26 (Thursdays)

June: 6/6, 6/13, 6/20, 6/27 (Mondays)

July: 7/5, 7/12, 7/19, 7/26 (Tuesdays)

Aug: 8/3, 8/10, 8/17, 8/24 (Wednesdays)

## **Women Only Classes (Beginner)**

April: 4/7, 4/14, 4/21, 4/28 (Thursdays)

May: 5/4, 5/11, 5/18, 5/25 (Wednesdays)

June: 6/9, 6/16, 6/23, 6/30 (Thursdays)

July: 7/5, 7/12, 7/19, 7/26 (Tuesdays)

Aug: 8/4, 8/11, 8/18, 8/25 (Thursdays)

## **Adult Intermediate**

May: 5/3, 5/10, 5/17, 5/24 (Tuesdays)

June: 6/8, 6/15, 6/22, 6/29 (Wednesdays)

July: 7/7, 7/14, 7/21, 7/28 (Thursdays)

Aug: 8/2, 8/9, 8/16, 8/23 (Tuesdays)

## **Senior Golf League – 55+**

This golf league entering its seventh season provides men and women age 55 and over the opportunity to have fun playing with friends old and new at Sunset Hill Golf Course in Brookfield. Expected start date of Tuesday, April 19 with play continuing on Tuesday mornings through late October/early November (weather permitting). Rotating foursomes and a variety of formats will keep play fresh all season. Choice of playing 9 or 18 holes with or without cart (fees vary per week depending on option selected and ranged from \$15 – \$40 in 2015.) League entry fee of \$15.00 to Parks & Recreation due before you will be scheduled and must be paid 1 week before your first match. Complete details will be available in mid-April on our website [www.brookfieldct.gov/rec](http://www.brookfieldct.gov/rec).